

BBQ Chicken Pizza

Rating: ★★★★★

Prep time: 15 minutes

Cook time: 12 minutes

Makes: 12 servings

Ingredients

- 6 English muffins
- 3/4 cup** barbecue sauce
- 1 1/2 cups** chicken (cooked, cut-up)
- 3/4 cup** cheddar cheese (shredded, smoked or regular)
- 1 bell pepper (chopped)

Directions

1. Wash hands and any cooking surface
2. Heat oven to 450°F
3. Slice English muffins in half and place on ungreased, large cookie sheet.
4. Cut-up bell pepper
5. Spread barbecue sauce on English muffins to within ¼ inch of edges. Top with chicken, cheese and bell pepper.
6. Bake 7 to 12 minutes or until cheese is melted.

* Substitutions:

English muffins = Pizza bread

Chicken = Pinto beans, chopped tomatoes and chopped onions

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	130	
Total Fat	2 g	3%
Protein	9 g	
Carbohydrates	19 g	6%
Dietary Fiber	1 g	4%
Saturated Fat	0.5 g	3%
Sodium	320 mg	13%